



NEW

GENERATION

**MAYNARD COUNCIL ON AGING
& SENIOR CENTER**

50 BROWN ST., MAYNARD, MA 01754
978-897-1009

AUGUST 2021



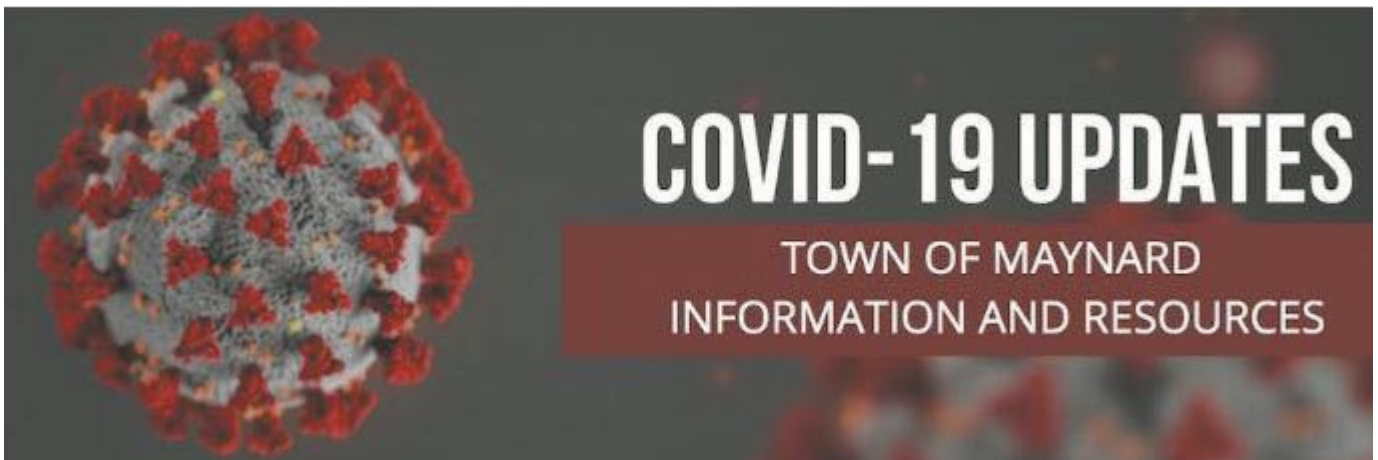
Seizing the Outdoors

Even with the heat and rain, I yearn to be outside as much as possible during the thick of summer. As mucky as it may feel, the humidity here in Maynard doesn't bother me in comparison to my upbringing in Yorktown, Virginia. Nor are the mosquitoes and gnats so bad in the Bay State from what I fought off as a child. These days, there's so much to see and experience outside, that I want to be sure I take advantage of opportunities to get out of the house and office whenever I can.

Be sure to check out the new mural in Naylor Court as part of "Maynard As A Canvas" by artist Anna Dugan. The mural's creation is sponsored by the town's Sesquicentennial Steering Committee and the Cultural Council. I love what the mural represents, including collaboration between volunteer groups and town staff, and the investment towards seizing the vast opportunity that Naylor Court provides.

I encourage you to check out some funky creations, many from local artists, across the street from Memorial Park and Naylor Court, at the corner of Summer and Nason, at the satellite location for ArtSpace Maynard, known as UFO ArtSpace. I also saw the flourishing Bee Meadow behind ArtSpace Maynard, and its new painted wall. Despite the summer heat and rain, I'm excited to see Maynard's vibrancy, as experienced at the Farmers' Market and Erikson's Ice Cream, and I look forward to more lively experiences throughout summer and into fall (outdoor concerts, parades, and Maynard Fest).

For more information on the town's re-opening post-COVID-19, please visit the town website www.townofmaynard-ma.gov and click the below image. This page highlights Town Hall updates, daily updates of positive COVID-10 cases in Maynard, Massachusetts response, resources for businesses, and health and safety practices. You can also find a link to subscribe to the Town's newsletter.



Remember that I would include pictures of unique aspects of Maynard from time to time? Do you know where to find this month's?

**Sincerely,
Greg Johnson**

Town Administrator
gjohnson@townofmaynard.net



Soon To Be Together

As we open the COA's doors, after nearly eighteen months, (Maynard's Town Hall closed on March 13, 2020, I believe), to say Pat and I are excited is quite the understatement! I decided to re-read my column from August 2020 to reflect back on our journey to this point in time. I thought I might share a few of my remarks:

There's not a day that goes by that Pat and I don't miss all the seniors we've come to know from the COA's programs and by providing services to throughout the community. Our very busy days are not the same without the laughter, smiles and friendships we shared with each of you. Pat and I see each other, masked and very distanced, when I drop off supplies for the van or pick up paperwork - but it's not the same even with a piece of Pat's delicious pies or cookies!

Yes, Pat and I still miss all the seniors we've come to know! The huge smiles we share during the Grab-n-Go's and neighborhood ice cream deliveries, underscore the special relationships we share with so many. Pat and I continue to be very busy planning programs with an eagerness to see our seniors enjoying the COA again. We've worn our masks, received the vaccine, and are anticipating continuing to wear our masks out of respect for the potential spread of the COVID-19 virus. And Pat's promised me a whole pie for my birthday!

The Council on Aging won't be able to open until there is far more understanding of how transmission can be prevented from spreading to older adults. We have now learned many people can be asymptomatic, meaning these individuals are not showing symptoms, and can spread the COVID-19 virus without knowing. We've also learned more about how respiratory droplets can be released through talking, heavy breathing or singing.

Last August we had learned that when exposed to the COVID-19 virus, we could be asymptomatic, not show symptoms and spread the virus without knowing. Today we're in the midst of a similar crisis. To address these concerns, we are asking you to register and then sign up in advance of every program. This will address anyone dropping in and increasing the number of individuals in our very small space. We are limiting the number of participants in a program but offering the program at another time to make sure everyone has an opportunity to attend. We have created more space by moving or removing some furniture and other items to help increase all our comfort levels when gathering. Between our activities at the COA and classes on Zoom, we are offering a very full schedule with some great new activities!

Pat and I are looking forward to seeing you all very soon!

~ Amy Loveless

Director

Maynard Council on Aging & Senior Center



**The Council on
Aging Board
does not meet
in July and August.**

Visit us at
77 Main Street!
Wed. – Sat., 12–5 pm



6 Bridges Gallery

FINE ART AND CRAFT

It's Summer!

Our brightly renovated gallery is filled with new items to welcome summer. We have something for everyone:

- ☐ Weddings
- ☐ Birthdays
- ☐ Anniversaries
- ☐ Home Office & Beach House Decor

Shop In-Person & Online

- ✓ **77 Main St., Maynard**
Wed.–Sat., 12–5 pm
Masks required. Hand sanitizer available at the door. Social distancing guidelines apply.
- ✓ **Personal Shopping (Tuesdays)**
Via FaceTime, Zoom or in-person.
For an appointment, email 6bridgesgallery@gmail.com.
- ✓ **Gift Certificates**
Give the joy of art and fine craft.
- ✓ 6bridgesgallery.com/shop/
- ✓ Facebook
- ✓ Instagram

All purchases support local artists and your local economy.



6 Bridges Gallery
FINE ART AND CRAFT

77 Main Street, Maynard, MA
978-897-3825
6bridgesgallery@gmail.com
6bridgesgallery.com



Opening August 18

August 18 – October 2, 2021 • Reception TBA



Lines of Thought

Photography and Poetry
by Linda DeStefano Brown

6bridgesgallery.com/lines-of-thought/

On view through August 14, 2021



Letters from the Birds

Mixed Media Paintings Processing the Pandemic
by Véronique Latimer

6bridgesgallery.com/letters-from-the-birds/

Join Maynard's 150th celebration!

seeking Maynard seniors to participate in the
MAYNARD SESQUICENTENNIAL PARADE
Sunday, SEPTEMBER 19TH – 1PM

The Maynard Council on Aging vans will be part of the parade. We're looking for some enthusiastic, proud Maynard seniors to fill our vans and have some fun as we celebrate this important milestone for our town. Please call the COA at 978-897-1009 to sign up.



2021 Season (our 26 year!):
June 26 – Sept 25

Saturdays 9am – 1pm

Rain or Shine

Mill Pond parking lot, Main St

2021 Vendors

Weekly: Applefield Farm, Balance Rock Farm, Brigham Farms, Cait's Canine Cookies (new!), Cookie Lady Treats, Forestopia (new!), Hudson Hives, Muddy Water Coffee Roasters, Svenfish (new!)

Periodic: Bali Marle (new!), Great with Milk (new!), Zen Bear Foods (new!)

Visit MaynardFarmersMarket.com for vendor descriptions and the complete artisan schedule.

Farmers' Market senior & WIC coupons accepted

Follow us on Facebook for the latest updates: [Facebook.com/MaynardFarmersMarket](https://www.facebook.com/MaynardFarmersMarket)

Maynard Sesquicentennial History Series

Thoreau Walked Thru

presented by

David Mark

Thurs, August 26
7 pm via Zoom



Maynard author and historian David Mark will speak about Thoreau's walk thru Maynard (from Concord to Lake Boon), which occurred just a few years after Maynard and Knight opened their woolen mill. He will also read excerpts from Thoreau's famous essay "Walking," which was published in the June 1862 issue of the Atlantic Monthly, shortly after Thoreau's death from tuberculosis at age 44.

Read more and register at www.maynardpubliclibrary.org/may150

*Brought to you by the Maynard Sesquicentennial Committee
and the Maynard Public Library*



The Maynard Public Library presents:

GENERATIONS OF FUN!

Songs & Stories for All Ages

Wednesday, August 11

10:30 am

In Memorial Park

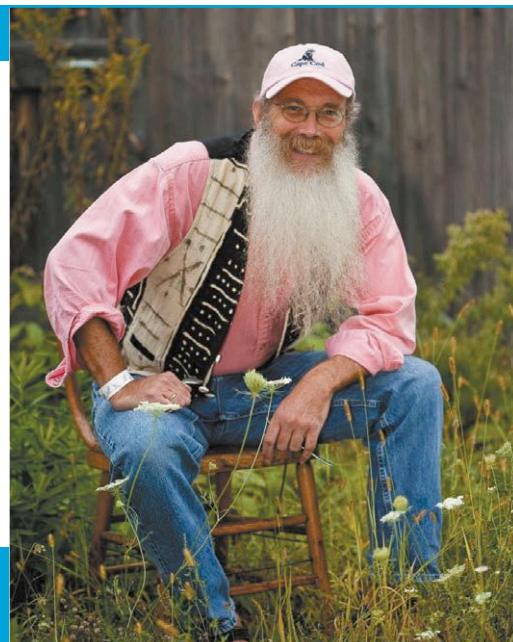
Maynard Public Library
77 Nason St., Maynard, MA



a lively inter-generational program for families & seniors presented by

DAVIS BATES

Parents' Choice Award-winning singer & story teller



Celebrate the Season and Community. For more information call (978) 897-1010.

Funded in part, by agrant from the Maynard Cultural Council, a local agency supported by the Massachusetts Cultural Council.



How to Photograph Like a Pro

A one-hour presentation on how to take your photographs from bland to brilliant

Wednesday August 11th at 7 pm on Zoom

Sponsored by the Maynard Public Library

Why are professional photographers so good at what they do? Why do they get great shots when most of the rest of us take pictures that are less successful, and even bland and boring? The answer is surprisingly simple. The pro photographers understand a small number of important principles and techniques that make a huge difference in the quality of their images. This one-hour presentation on Zoom, sponsored by the Maynard Public Library, will show examples of those principles and techniques so that each attendee, regardless of camera and experience, can improve their photography and make images they are proud to show.



About the presenter: Randall Warniers is a freelance editor, book designer, book publisher, and photographer. He has been an instructor in photography at the Cambridge Center for Adult Education for many years, specializing in digital photography, street photography, and night photography.

To sign up for the Zoom link, visit the Maynard Library website or call the Maynard Library Reference Desk at 978-897-1010 x103.



Tuesday
Sept. 14, 2021
7pm
Online

Join us as Rilke-Prize-winning poet Kiki Petrosino discusses and reads from her fourth and latest book. She turns her gaze to Virginia and digs into her genealogical and intellectual roots, while contemplating the legacies of slavery and discrimination. The poems grapple with such subjects as DNA test results and the complex history of Monticello.

Register at atmaynardpubliclibrary.org/petrosino

Sponsored by:
Friends of the Maynard Public Library
Friends of the Concord Free Public Library



FRIENDS OF THE MAYNARD LIBRARY



OUTDOOR BOOK SALE & GARDEN PARTY

Sat 8/21 12-3

Music 1-2
Workingman's Duo



Weather permitting, the Friends of the Maynard Public Library will hold a book sale in the library parking lot on Saturday, August 21. There will be hundreds of books and DVDs for all ages. All items cost \$2 or less! All sales will be cash or check.

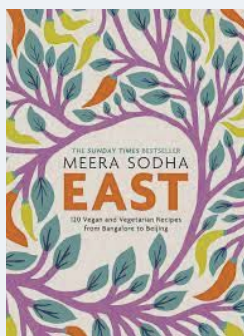
To make it a party, Workingman's Duo (featuring Rick Maida and Tad Hitchcock) will perform a blend of American Folk Songs, Rock And Roll Oldies and Traditional Jazz. The show begins at 1! Donations gladly accepted.

*All proceeds from this event will benefit the Friends'
Library Landscape Initiative.*

This event is supported in part by a grant from the Massachusetts Cultural Council as administered by the Maynard Cultural Council.

Friends of the Maynard Public Library 77 Nason Street

August Cookbook Club Monday, August 23 - 12:00 noon



In August, we'll make a virtual trip to Asia by cooking from *East: 120 Vegetarian and Vegan Recipes from Bangalore to Beijing* by Meera Sodha. Recipes can also be found online at <http://meerasodha.com/recipes/>

Borrow a cookbook at the Circulation Desk, select a recipe, and prepare your dish for the outdoor potluck lunch on the 23rd. If the weather doesn't cooperate, we'll switch to Zoom.

Drinks and place settings provided.

Sponsored by the Friends of the Maynard Library.

Virtual Cook Along with Maria Lawton The Azorean Greenbean



**Maynard Public Library
Wednesday, August 18 @ 7:00 pm Via Zoom**

Join Maria Lawton as she demonstrates two delicious recipes from the Azores—Biscoitos Cerveja (beer biscuits) and Ovos com Molha de Tomate e Cebola (eggs in tomato sauce with onion.) An ingredient list will be provided so you can cook along at home or just observe.

Register at maynardpubliclibrary.org/lawton to receive the Zoom link and ingredient list.

Maria Lawton is a cook, cookbook author, the host of Maria's Portuguese Kitchen on PBS and a proud native of the Azores. Visit her online at <https://azoreangreenbean.com/>

SPECIAL EVENTS IN AUGUST & SEPTEMBER



August Grab-n-Go's **Noon - Maynard Elks Club Parking Lot**

August 11

BBQ Chicken, Corn-on-the-Cob, Potato Salad, Corn Bread and Dessert

August 25

Meatloaf, mashed potatoes, vegetable, rolls and dessert

September 8

Chicken Parmesan, Pasta, Salad, Garlic Bread and Dessert

Please sign up!

\$5.00 - pay when you pick up

MAYNARD COUNCIL ON AGING ICE CREAM TRUCK

What better way to use our COA van than to give out frozen treats to our fabulous seniors?! On various Wednesdays throughout the summer, the COA van will be cruising about town delivering ice cream and smiles to Maynard's seniors. We miss you! Please sign up so we can stop by, say "Hi" and give you a treat! Call the Council on Aging at 978-897-1009 if you are interested and you will be notified when we are in your area.



Something For Everyone

COA Zoom Fitness Classes

Yoga & Stretch with Rebecca • Tuesdays at 9:30am

Maynard COA instructor Rebecca Reber will lead you through a series of yoga poses and stretches while you are seated on a chair. Safely build strength and stability and enjoy guided meditation to reduce stress and anxiety. This is Zoom class which allows you to see and interact with other Maynard seniors. Please call the COA at (978) 897-1009 or email Amy Loveless directly at aloveless@townofmaynard.net to sign up.

Zumba Gold • Wednesdays at 9:30am

Zumba Gold is a low impact, fun dance-fitness with international music including oldies you like. This class will be taught by Yachun who is an AFAA certified group fitness instructor. We focus on building strength, cardiovascular health, balance, coordination, and flexibility. Please call the COA at (978) 897-1009 or email Amy Loveless directly at aloveless@townofmaynard.net to sign up.

Zumba Toning Mondays at 9:00am

This seated Zumba Gold Toning class taught by Yachun is for everyone who wants to improve their endurance, strength and joint mobility by using a pair of light weights while sitting on a chair.

Weights. Please prepare two 1 lb. dumbbells or two 16.9oz bottled water. (It's okay if you don't want to use weights though).

This is a 45-minute class. Please contact the COA if you have any questions or would like to sign up.

Great Zoom YouTube Tutorial!

Marcia Chadly guides you through the how-to of responding to a Zoom invitation for a fitness class or an educational program. There's nothing like being able to "see" the steps to take. Once you've watched her presentation, or maybe reviewed a second time, you'll feel ready to join Zoom!

<https://www.youtube.com/watch?v=9isp3qPeQ0E>

How To Use Zoom With Your Phone

<https://www.youtube.com/watch?v=d6QjODgTuQE>

Marcia Chadly

Internet Service Offers

Free or Lower Cost Options

(eligibility varies based on income)

Comcast Essentials • (855) 846-8376

Verizon (for participants in the Lifeline program or FIOS at a lower rates) (800) 837-4966

AT&T • (855) 220-5211

**Contact the Council on Aging for information
about our tablet loan program.**

Welcome Back! We can't wait to see you!

August Classes and Activities

Monday

Zumba Toning (Zoom)	9:00 – 10:00
Knitting/Crocheting	9:30 – 11:00
Nature DVD series	1:00 – 2:30

Tuesday

Yoga (Zoom)	9:30 – 10:30
Drop-In	9:30 – 11:00
Board Games	9:30 – 11:00
Nature DVD Series	1:00 – 2:30

Wednesday

Zumba Gold (Zoom)	9:30 – 10:30
Movie	9:30 – 11:00
Movie	1:00 – 2:30

Thursday

Drawing (Zoom)	9:00 – 11:00
Trivia	9:30 – 11:00
Arts & Crafts	1:00 – 2:30

Friday

Watercolor (Zoom)	9:00 – 11:00
Kings in the Corner	9:30 – 11:00
Board Games	9:30 – 11:00
Arts & Crafts	1:00 – 2:30

Maynard Council on Aging Reopening Policies and Procedures

The Maynard COA will be following these policies to ensure the safety and welfare of participants, staff, instructors, and visitors. We are reducing the number of participants and setting rooms up differently for each program to create more space to allow for social distancing. It is our hope to incrementally increase our offerings and the number of participants in the COA, but we will do so only as it is appropriate to do so.

- Everyone must register in advance for any program you plan to attend. When you call to register, you will be given a time to come to the COA. We are asking that you do not drop-in.
- **You must always wear a mask if you are not vaccinated.** You are welcome to wear a mask even if you are vaccinated and this makes you feel more comfortable, but you will not be required to wear one.
- By entering the building, you are acknowledging you are feeling well, have no symptoms of Covid-19 and have not been diagnosed with Covid-19.
- Please plan to socialize outside the COA before the program begins or after it ends. Feel free to enjoy conversation and each other's company in the golf club function hall or on the deck. In setting up the schedule, we have included enough time for participants to leave and return to a daily program.
- *Programs are scheduled with some activities occurring on multiple days so everyone who is interested in attending will be able to do so.*
- We have scheduled time between the morning and afternoon programs for cleaning and disinfection, as well as room breakdown and set up.
- The COA will not be offering food with any program. Water will be available, and you are free to make coffee or tea.

Maynard Council on Aging Van Service

To make a reservation call CrossTown Connect at (978) 844-6809

The Council on Aging van operates five days a week from 7:00 a.m. to 3:00 p.m., providing transportation to essential services such as health care providers, dentists, pharmacies, banks, hair salons and grocery stores. Residents over the age of 60 and individuals with disabilities of any age may use the van. If a rider is handicapped in any way, please let the dispatch service know so accommodations can be made. **Riders must continue to use hand sanitizer and wear a mask at all times when on the van.**

There is no fee to ride the van at this time. **Reservations MUST be made 48 hours in advance. If you need to CANCEL your reservation it should be done at least 24 hours in advance.** Cancelling the day of your reservation can negatively impact the schedule and other riders' transportation needs. Unforeseen circumstances do occur but this should not be common practice to delay cancelling your reservation.

Riders should be ready for pickups at least an hour in advance of their pickup time as critical schedule changes may occur to accommodate more than one passenger. **The van will wait no longer than 5 minutes for a passenger to emerge** at which time the driver will call CrossTown Connect for them to try and reach the rider by telephone. On very busy days the van can get behind schedule whether due to traffic, a delay in a rider being ready for pickup, and other factors not under the driver's control. Delays most often occur with multiple medical appointments in the same time frame for pickup and drop off.

General Resources

Minuteman Senior Services

www.minutemansenior.org

(781) 272-7177

(888) 222-6171

Homecare, Caregiver Support, Legal Services, Senior Nutrition, Health Insurance Counseling (SHINE) and more.

800AgeInfo

www.800ageinfo.com

(800) 243-4636

South Middlesex Opportunity Council (SMOC)

7 Bishop Street, Framingham, MA 01702

(508) 872-4853

Fuel Assistance program, Housing, Rental Assistance Program (508) 620-0653, Financial Assistance for Homeowners and Tenants, Emergency Shelter Services and more.

Mass211 Public Information and Referral Program

www.mass211.org

SNAP/food stamps

www.fns.usda.gov/snap

(800) 221-5689

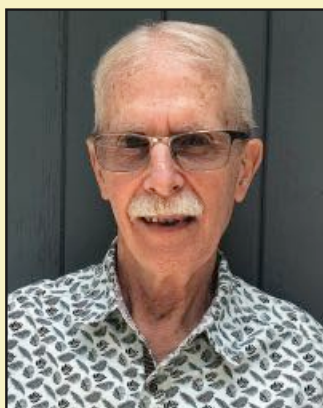
We are looking for Money Management Bill Payers!

Volunteer Bill Payers help seniors or disabled adults to organize bills for payment; (financial) mail; assist with phone calls regarding bills and reconcile to bank statement, etc. We will train, supervise and provide ongoing support. Money Management Volunteers visit seniors about 6-8 hours per month on a flexible schedule. If you are interested or have questions, please contact us at volunteer@minutemansenior.org or (781) 221-7093.



"I can't remember a time in my life when I didn't like to draw, especially cartoons and faces. I started making robot portraits just for fun about 20 years ago from metal parts I had collected. At the time I was a freelance illustrator creating 3-D artwork with cut-paper as well as working on the computer. This "Bot Series" of robot portraits combined my interest in sculpture and illustration with my life-long habit of collecting odd objects – and I've been fascinated with robots since I was a kid. I enjoy the process of playing with random bits and pieces until they suddenly become a face with a personality that is part human, part machine."

– Toby Williams



Senior Watercolor Class Fridays, 9:00 a.m. to 11:00 a.m.

Join Sandy Wilensky to learn watercolor painting skills (or brush up on the skills you've developed) to express the artist within all of us. All levels of experience are welcome, especially those who've never held a brush! This is a wonderful opportunity to participate in an activity from home which is certain to bring feelings of excitement and accomplishment. In addition, you'll be spending time with others who will be enjoying the creative experience with you. Fee to be determined. Materials provided. This class has been occurring via Zoom and has been very successful.

Please contact the Council on Aging for more information & to sign up.



Drawing for All Thursdays, 9:00 a.m. to 11:00 a.m.

All levels of experience are welcome to this drawing class. Participants build skill upon skill while experimenting with various drawing techniques and materials. Classes will begin with a warm-up followed by a skill/technique lesson that will then be incorporated into a finished drawing. Learn about the line, shape, value, texture, and perspective of drawing. Drawing subjects will include still life, landscape, and the natural world. The initial approach to subjects will be realistic with a focus on personal expression and developing a style of one's own. Drawings will be shared with the group with a goal of positive affirmation of learning. Fee to be determined. Materials provided. This class is taught via Zoom and has been very successful.

Please contact the Council on Aging for more information & to sign up.

Sandy Wilensky has had a career in education teaching people from 3-93. As a certified art instructor with strong beliefs in the ability of all people to learn in a supportive setting, Sandy's classes respond to the needs of the group as well as the needs and interests of individuals within the group. The Maynard Senior Watercolor class has had exhibitions at the Maynard Library, ArtSpace Gallery and participated in the Massachusetts's Secretary of State's Annual Senior Art Show where several Maynard seniors received awards. Sandy has been leading classes in drawing and watercolor at senior centers and adult education programs in several area communities, including Danforth Museum School and in her studio at ArtSpace in Maynard where she holds private and group classes. Sandy's paintings can be seen at her studio at ArtSpace in Maynard and at Puffins Gallery in Mystic, Connecticut.



Greetings from the Maynard Fire Department!

In July we saw Tropical Storm Elsa come through the area and bring torrential downpours. Streets, Storm Drains, and Basements all had water problems. Luckily, the severely damaging winds were avoided here in Maynard. This is a great opportunity to share some reminders on preparing for storms and riding them out.



Preparation is the first step. Here in New England there is always a news story of how people rush to the store for bread, milk, and shovels when a storm approaches. It makes you wonder what happened to the shovels they had for the last storm. But the reality is that having supplies on hand to allow you to shelter in place for three days is a good baseline. This means food, water, medications, and pet supplies. If you have a cellular phone, make sure it is charged in case you lose power and consider getting a small portable power supply for it. Since so many communications are based on cell phones, maintaining this point of contact should be a priority.

If you lose power, contact your utility company. If you have a home generator, be sure it is not used inside your home and you have working CO alarms to alert you to the dangers of Carbon Monoxide. If you need to leave your home, be careful traveling in severe weather. Avoid flooded areas and downed power lines. If you are leaving to go to a family member or shelter, remember to bring your medications.

Maynard does have the ability to open shelters should a storm situation warrant it. The best way for you to learn about these alternatives is to sign up for Hyper-Reach. This is a communication service, similar to reverse 9-1-1, that the Town of Maynard uses to share urgent messages with residents. There is also a place that you can indicate a special need should an evacuation be required. You can find more information at this website: <https://www.townofmaynard-ma.gov/safety/hyper-reach/>

For more information on emergency preparedness visit www.ready.gov.

Stay safe and enjoy the summer!

Captain Mike Parr
mparr@townofmaynard.net
 978-897-1015



The Fire Department is offering free home safety visits now to evaluate your protective devices & possible hazards in the home.

E-mail Captain Michael Parr at mparr@townofmaynard.net to schedule your visit or call 978-897-1014. Virtual visits available.

Learn About:

Smoke Alarms	Trip Hazards
CO Alarms	Medication Storage
Home Escape Plans	Fire Extinguishers
Cooking Safety	CPR
Electrical hazards	Child Fire Safety
9-1-1	Your Questions

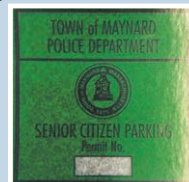
Made possible by a grant from the **SAFE** Senior  SAFE

Greetings from the Maynard Police Department!

Senior Citizens Parking Permit

The Maynard Police Department is introducing a new senior parking permit. The redesigned permits are intended to be bolder and more easily identified by our Parking Enforcement Official. Additionally, we will be issuing instructions for the new placement location of the permit. We ask for your assistance in having your parking permits replaced so that we can avoid any future difficulties in locating them.

You may come to the Maynard Police Department at any time, and a Public Safety Dispatcher can issue you a new permit. Please bring your vehicle registration so that we can record those details. Thank you for your cooperation as we revamp this program available to our senior citizens.



OLD



NEW

Senior Citizen Emergency Program

The Town of Maynard Public Safety Communications Department (Police and Fire Dispatch) has initiated a program to assist seniors living in the Town of Maynard. Having seniors in our community that do not have family or friends checking up on them regularly has led the public safety department to develop a "Senior Citizen Emergency Database Program".

This program allows Public Safety Communications to document in a computer database the names of senior citizens, where they reside, and important contact information. In addition, information concerning current medications and potential special needs during an unusual inclement weather event or natural disaster will be on file.

The Benefits

Many times, the police and fire departments are called to check on a senior citizen's welfare and there is no answer at the door. The Town of Maynard Police and Fire Departments are committed to making contact with the resident and at times officers and fire fighters have to force entry into the residence. By filling out the "Senior Citizen Emergency Database Program" contact form with emergency contact name and telephone numbers, we can first contact someone to see if they know of a reason the senior citizen may not be answering the door.

Emergency contact information is also vital in the event a senior citizen is ill or has fallen and has to be taken to a hospital. The designated contact person(s) can be notified and answer important medical information.

How Do I Sign Up?

Senior citizens or their relatives and friends are encouraged to fill out the contact form. Contact forms may be obtained at the Police and Fire department headquarters.

If you or someone you know is a candidate for this program, you may also contact Sarah Finnerty at 978-897-1011 or by e-mail at sfinnerty@townofmaynard.net to obtain the form or to inquire further about this program. Participation in this program is completely voluntary. Forms are to be completed and returned to:

Maynard Police Department
 Attention: Sarah Finnerty
 197 Main St.
 Maynard, MA 01754





GO Maynard! Taxi Rides Program

We welcome your interest in the GO Maynard! Taxi Rides Pilot Program. Maynard (with Sudbury as the lead applicant) was awarded a grant through the Urgent Taxi, Livery, and Hackney Transportation Partnership Grant Program, a state initiative. We expect this program to last through 2021. There is no fee to participate. These special time-limited, grant-funded transportation services via taxi, will be provided on a first come, first serve to **(1) to medical appointments for older residents, veterans, persons with disabilities; (2) social service appointments (3) to work and medical care for financially vulnerable residents and (4) and other essential services/needs.** The town will engage two taxi businesses: Tommy's Taxi in Framingham for sedan transportation, and JFK Taxi in Natick, for wheelchair accessible van service only. **All rides must begin or end in Maynard. (The program is not a replacement for destinations the Maynard Council on Aging can accommodate).**

Who is eligible to participate? Maynard residents:

- Adults aged 50 and over
- Individuals with a disability that limits their driving
- Individuals who have a financial need
- Active-duty military members or veterans

***Children under age 12 must be accompanied by an adult.

If eligible, you may need to provide documentation as evidence of above.

How does this work?

Contact the Maynard Council on Aging at (978) 897-1009 between the hours of 9:00 a.m. and 3:00 p.m. When your application is approved you will be notified when rides can commence.

Hours of service for rides are as follows: JFK is available seven days a week from 7:00 a.m. to 7:00 p.m. Tommy's Taxi daily hours of operation are 5:00 a.m. to 11:00 p.m. seven days a week.

FILE OF LIFE

KEEP INFORMATION UP TO DATE !!
Review At Least Every Six Months !

MEDICAL DATA REVIEWED AS OF MO. YR.

Name: _____ Sex: M F

Address: _____

Doctor: _____ Phone #: _____

Preferred Hospital: _____

EMERGENCY CONTACTS

Name: _____ Phone #: _____

Address: _____

Name: _____ Phone #: _____

Your latest medical information – including allergies, medications, contact persons and more – all in one safe place. Recognized and Endorsed by Hospitals, EMTs, COAs, TRIAD's, Municipal, Medical, Senior Citizen Organizations, Police, Sheriff's, and Fire Departments.

Please contact the Council on Aging if you would like one mailed.



Emerson Family Medicine, Maynard

**COMPASSIONATE CARE FOR ALL AGES.
BRING YOUR FAMILY TO OURS!**

Providing primary care for patients of all ages from newborns to adults in a warm, welcoming environment, our dedicated team works together to help you become and stay healthy.

Accepting New Patients!

Call 978-318-1870

or visit EmersonHospital.org/Maynard
to request an appointment



GRACIOUS RETIREMENT LIVING



Experience the gracious retirement lifestyle our residents enjoy each and every day!

Camellia Gardens is nestled in the back of the much anticipated Maynard Crossing Shopping Center, now under construction and will be home to many popular shops, restaurants, medical care and banking. Along with a great location, we take care of the cooking, housekeeping and local transportation, leaving you more time to enjoy your retirement.

NOW OPEN!

For more information on our gracious retirement lifestyle
and to schedule your visit, please call 978-897-1528

**STUDIOS
START AT JUST
\$2795**
NO BUY IN FEE
OR LONG TERM
LEASE

CAMELLIA GARDENS

Gracious Retirement Living

16 Digital Way, Maynard, MA 01754

Located in the Maynard Crossing Shopping Center next to Market Basket





REP. KATE HOGAN'S SENIOR NEWS

AUGUST 2021

Holyoke Soldiers' Home

Of all the pandemic losses, among the most tragic has to be the outbreak of COVID-19 in the Holyoke Soldiers' Home and the subsequent loss of life there.

The Legislature has and remains focused on understanding the multitude of factors and points of failure and advancing legislation and governance reform to our veterans' services to ensure the tragedy that occurred in Holyoke never happens again.

In July 2020, the Special Joint Oversight Committee on the Soldiers' Home in Holyoke COVID-19 Outbreak was formed. It held hearings over the course of 10 months and released its findings and recommendations in a report last May.

The full report is available online here: <https://malegislature.gov/Bills/192/H3857>

The Joint Committee Chairs are currently drafting legislation built on their report's 14 major findings and extensive recommendations, including:

- Clear structures regarding chain of command and communication channels should be established from the Superintendents of both Soldiers' Homes through the Executive Director of Veterans' Homes and Housing within DVS to the Secretary of Veterans' Services to the Governor for normal operations in addition to crisis scenarios.
- The Secretary of DVS should be a cabinet-level position with a direct line of communication to the Governor.
- A hotline should be available for staff and family to report time-sensitive and serious concerns directly, for example to the Department of Public Health and the Executive Director of Veterans' Homes and Housing within DVS.
- The staffing levels at HSH need to be reevaluated and realigned to attain, at a minimum, a five-star rating from the Centers for Medicare and Medicaid Services ("CMS").
- The Special Committee heard repeated testimony from staff and family that one of the best aspects of care that Veterans received at the Home resulted from continuity of care. The Special Committee recommends that continuity of care be a key goal in all future staffing policies for both Soldiers' Homes.
- Require, at a minimum, that any candidate for Superintendent at the Soldiers' Homes be a certified nursing home administrator with experience running a long-term care facility, with knowledge of Veteran needs and service preferred.
- The Holyoke Soldiers' Home should accept Medicare and Medicaid payments and become a CMS facility.

Speaker Mariano has also pledged to advance further legislation being drafted by the Joint Committee on Veterans & Federal Affairs.

The House also supports funding for a new Holyoke Soldiers' Home. The House enacted and sent to the Senate legislation authorizing \$400 million in borrowing for a new Holyoke Soldiers' Home facility and \$200 million for equity initiatives for veterans across the state.

Nothing can replace the 77 veterans whose lives were lost at the Home, or the holes they leave behind in their families. But we must do all that we can to create strong policies and systems to ensure responsibility and accountability and to prevent future tragedies from happening at our Soldiers' Homes. Our Veterans deserve nothing less.

Contact Rep. Hogan:

If you need assistance or would like to contact me, please call me at (617) 722-2600 or email me at Kate.Hogan@mahouse.gov. Please also visit my new Facebook page: www.facebook.com/RepKateHogan

Proudly represents Bolton, Hudson, Maynard, and Stow
State House, Room 163, Boston, MA, 02133 / Phone 617-722-2130
District Office: Maynard Town Hall, 195 Main Street, Maynard, MA
District Office Phone: 978-897-1333
Email: Kate.Hogan@mahouse.gov

Artspace Pollinator Meadow

ARTSPACEMAYNARD.COM/POLLINATOR-MEADOW



Please join us for our opening party!

Join us September 12 at 2pm for a party featuring a talk by renowned bee expert **Dr. Robert Gegear**! You are welcome to experience the garden, have refreshments, and ask us questions about gardening for Pollinators.



Why do we need to preserve bees, butterflies and native plants?

Why are they endangered now? Scientists think there are many factors. Habitat loss, overuse of pesticides and chemical fertilizers, and introduction of invasive plants that crowd out native food plants are all causes.



Pollinator= Bee + Butterfly + Bug + Bird

Butterflies, moths, bees, bugs, birds, and pollinators of all kinds need three things: food, shelter, and a nest to lay eggs and spend the winter. If these vital things are missing—native plants that provide nectar and pollen and a place to live—then pollinators who need them will decline.

How can I help?

Join forces with the **Friends of the Pollinator Meadow**! Monarch butterflies and native bumblebees live here now. Find out about native bees and learn to recognize them using Dr. Gegear's guide: <https://beecology.wpi.edu/website/learn>

Funding for the ArtSpace Pollinator Meadow reception and talk provided by the Maynard Cultural Council, with assistance from ArtSpace Maynard and the Friends of the Pollinator Meadow



Adorable illustrations by Priscilla Alpaugh priscillaalpaugh.com
Design by carolynwirth.com